



Health problems in cold work

Author(s): Mäkinen TM, Hassi J
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Abstract:

Cold in- and outdoor work can result in different adverse effects on human health. Health problems decrease performance and work productivity and increase the occurrence of accidents and injuries. Serious health problems can also result in absence from work due to sick leave or hospitalization. At its worst, work in cold conditions could be associated with deaths due to cold-related accidents or a sudden health event. Musculoskeletal complaints, like pain, aches etc. are common in indoor cold work. Breathing cold air while working may lead to respiratory symptoms, which can decrease performance in cold. The symptoms are usually worsened by exercise and ageing, being more common in persons having a respiratory disease. Cardiovascular complaints and related performance decrements could be especially pronounced during work in cold weather and involving physical exercise, especially among those with an underlying cardiovascular disease. The article also reviews the current information related to diabetes, skin disorders and diseases, as well as cold injuries and accidents occurring in cold work. Increasing awareness and identifying workplace- and individual-related cold risks is the first step in proper cold risk management. Following this, the susceptible population groups need customized advice on proper prevention and protection in cold work.

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Resource Description

Communication:

resource focus on research or methods on how to communicate or frame issues on climate change; surveys of attitudes, knowledge, beliefs about climate change

A focus of content

Other Communication Audience: Employers

Exposure :

weather or climate related pathway by which climate change affects health

Temperature

Temperature: Extreme Cold

Geographic Feature:

resource focuses on specific type of geography

Climate Change and Human Health Literature Portal

None or Unspecified

Geographic Location:

resource focuses on specific location

Global or Unspecified

Health Impact:

specification of health effect or disease related to climate change exposure

Cardiovascular Effect, Dermatological Effect, Injury, Respiratory Effect

Intervention:

strategy to prepare for or reduce the impact of climate change on health

A focus of content

Mitigation/Adaptation:

mitigation or adaptation strategy is a focus of resource

Adaptation

Population of Concern: A focus of content

Population of Concern:

populations at particular risk or vulnerability to climate change impacts

Low Socioeconomic Status, Workers

Resource Type:

format or standard characteristic of resource

Review

Timescale:

time period studied

Time Scale Unspecified

Vulnerability/Impact Assessment:

resource focus on process of identifying, quantifying, and prioritizing vulnerabilities in a system

A focus of content